

# Exceptional Children Information for Parents

October 17, 2019

## Halloween is Fast Approaching

Halloween can be a fun time of year for children of all ages, but it can also be terrifying! Here are some helpful articles to make Halloween as fun and stress-free as possible.

### Sensory-Friendly Halloween Alternatives

Easterseals has put together a short list of activities to do instead of trick-or-treating that may be more appropriate for your family. Visit their site for more information:

<https://www.easterseals.com/explore-resources/living-with-autism/sensory-friendly-halloween-alternatives.html>

### Halloween Tips to Avoid Meltdowns!

Changes in routines and lots of excitement can wreak havoc on anyone. Don't let Halloween cause a meltdown. Check out the tips offered by Stress Free Kids for smooth sailing through the holiday. <https://stressfreekids.com/4621/halloween-tips-avoid-meltdowns/>

### Teal Pumpkin Project

Not every child can participate in collecting candy on Halloween for several reasons; one being food allergies. The Food Allergy Research and Education (FARE) created the Teal Pumpkin Project to help make sure all children can enjoy the holiday by having alternatives to food available during Trick or Treating. By placing a teal pumpkin outside your home, you are alerting others that you part of the Project and have other goodies to choose from. <https://www.foodallergy.org/education-awareness/teal-pumpkin-project> for more information about Teal Pumpkin Project and ideas for treats.



Public Schools of North Carolina  
State Board of Education  
Department of Public Instruction

<https://ec.ncpublicschools.gov>

## Useful Links

Public Schools of North Carolina

<http://www.ncpublicschools.org/>

North Carolina Exceptional Children Division

<https://ec.ncpublicschools.gov/>

Get a look at the new forms

<https://ec.ncpublicschools.gov/policies/forms/state-forms-directions>

## Upcoming

2019 Annual Burnett Seminar. Free and open to the public.

The topic of the 18<sup>th</sup> Annual Timothy B. and Jane A. Burnett Seminar Academic Achievement is *Thinking Beyond Normal: How to Live, Thrive Outside the Lines*, featuring Jonathan Mooney, renowned writer, neuro-diversity activist and author.

The Burnett Seminar targets parents of teens and young adults with ADHD/LD. Its mission is to inspire this population that success in life is possible.

For more information and to sign-up, visit:

<https://alumni.unc.edu/events/2019-annual-burnett-seminar/>